



# Veggie Moussaka

with Cheat's Garlic Bread

Classic 45 Minutes • 2 of your 5 a day • Veggie

20



Aubergine



Onion



Bell Pepper



Garlic Clove



Dried Oregano



Tomato Purée



Ground Cinnamon



Red Split Lentils



Worcester Sauce



Vegetable Stock Powder



Finely Chopped Tomatoes



Ciabatta



Crème Fraîche



Grated Hard Italian Style Cheese

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Chopping Board, Knife, Frying Pan, Baking Tray, Small Bowl and Ovenproof Dish.

## Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Onion**	1	1	2
Bell Pepper***	1	2	2
Garlic Clove**	2	3	3
Dried Oregano	1 small sachet	1 large sachet	2 small sachets
Tomato Purée	½ sachet	¾ sachet	1 sachet
Ground Cinnamon	½ sachet	¾ sachet	1 sachet
Red Split Lentils	50g	75g	100g
Worcester Sauce 13)	½ sachet	¾ sachet	1 sachet
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Finely Chopped Tomatoes	1 carton	1½ carton	2 cartons
Water*	75ml	110ml	150ml
Olive Oil *	2 tbsp	3 tbsp	4 tbsp
Ciabatta 11) 13)	1	2	2
Crème Fraîche 7)**	75g	100g	150g
Grated Hard Italian Style Cheese 7)	1 pack	1½ pack	2 packs
8)**			

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	660g	100g
Energy (kJ/kcal)	2594 / 620	59 / 14
Fat (g)	28	1
Sat. Fat (g)	12	0
Carbohydrate (g)	67	2
Sugars (g)	26	1
Protein (g)	24	1
Salt (g)	2.12	0.05

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 10) Celery 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Packed in the UK

The Fresh Farm

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1



## Prep the Veggies

Trim the **aubergine** and slice into 1cm thick rounds. Halve, peel and chop the **onion** into small pieces. Halve the **pepper** and discard the core and seeds. Chop into small pieces. Peel and grate the **garlic** (or use a garlic press).

4



## Grill the Aubergine

Meanwhile, lay the **aubergine slices** on a baking tray in a single layer and drizzle over a good glug of **oil**. Season with **salt** and **pepper**. Grill until browned and soft, about 8-9 mins on each side. **Tip: Keep an eye on them to make sure they don't burn.** If they aren't soft after this time, just leave them under your grill for another 2-3 mins. Remove and set aside.

2



## Start the Sauce

Preheat your grill to high. Heat a drizzle of **oil** in a frying pan on medium heat. Add the **onion** and **pepper** and season with **salt** and **pepper**. Cook, stirring, until soft and golden, 6-7 mins. Add the **oregano**, **tomato purée**, **ground cinnamon** (see ingredients for amount) and **half** the **garlic**. Cook for 1 minute more.

5



## Layer it Up

In a small bowl, mix the remaining **garlic** with the **olive oil** (see ingredients for amount). Cut the **ciabatta** in half (as though making a sandwich) and smear the **garlic oil** over the cut side. When the **tomato sauce** is ready, transfer it to an ovenproof dish. Layer over the **aubergine slices**. Dollop over the **crème fraîche** and then spread it out evenly across the top.

3



## Finish the Sauce

Next, stir in the **red lentils**, **Worcester sauce**, **vegetable stock powder** and **chopped tomatoes**. Add the **water** (see ingredients for amount) and a pinch of **sugar** (if you have some). Stir, bring to the boil, lower the heat to medium-low and simmer until the **lentils** are soft (but still have a slight bite to them), 20-25 mins. If the **sauce** gets too dry, just add a splash of **water**.

6



## Finish and Serve

Sprinkle the **hard Italian style cheese** over the **moussaka** and season with **pepper**. Grill until the **cheese** is golden and bubbling, about 5-6 mins. Remove from the grill, pop the **garlic bread** under the grill and toast until golden, 2-3 mins. Serve the **moussaka** in bowls with the **cheat's garlic bread** on the side.

Enjoy!

There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.